



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**HEALTHY EATING (30 SECONDS)**

This is Acting State Health Officer, Doctor Scott Harris. The holiday season is fast approaching and there are ways to savor the season without packing on extra weight this year.

For starters, indulge, but only in moderation – and try to maintain exercise and sleeping habits during the hectic holiday season to ensure they continue into the new year.

For tips to keep you and your family healthy during the holidays, visit Alabama public health dot gov slash nutrition.

**For more information, contact: Ashley Tiedt**  
**[Ashley.Tiedt@adph.state.al.us](mailto:Ashley.Tiedt@adph.state.al.us) / 334-206-2080**